



***Week ending issue: December 11, 2015 – Issue # 275***

## ***Policy***

### ***From the WIC Services Policy and Procedure Manual – 380.30 Enhanced Nutrition Services for High-Risk Pregnant Women***

Maternal Health centers provide enhanced services for high-risk pregnant women. Nutrition counseling is one of the enhanced services that can be provided.

Medicaid-eligible pregnant women can receive enhanced nutrition services when determined to be at nutritional risk using the Medicaid Prenatal Risk Assessment. This form may be obtained from the local MH agency. The health professional completing the form should refer the woman for enhanced services if:

- She scores 10 points or more on the Assessment, or
- The Nutrition Risk Factor Assessment section of the form indicates a nutritional risk.

According to the Department of Human Services Maternal Health Center Provider Manual, a licensed dietitian shall provide nutrition services. Nutrition assessment and counseling shall include:

- Initial assessment of nutritional risk based on height, current and pre-pregnancy weight status, laboratory data, clinical data, and self-reported dietary information.
- At least one follow-up nutrition assessment, as evidenced by dietary information, adequacy of weight gain, measures to assess uterine and fetal growth, laboratory data, and clinical data.
- Development of an individualized nutritional care plan.
- Referral to food assistance programs, if indicated.
- Nutritional interventions:
  - Nutritional requirements of pregnancy as linked to fetal growth and development.
  - Recommended dietary allowances for pregnancy.
  - Appropriate weight gain.
  - Vitamin and iron supplementation.
  - Information to make an informed infant feeding decision.
  - Education to prepare for the proposed feeding method and the support services available for the mother.

- Infant nutritional needs and feeding practices.

Reminder: Services can be billed only if they are above and beyond the nutrition education protocol for all pregnant WIC participants.

## **Information**

### ***FACT SHEET: Council of Economic Advisers Releases Report Highlighting New Research on SNAP's Effectiveness and the Importance of Adequate Food Assistance***

A new [report](#) released today from the White House Council of Economic Advisers (CEA) finds that the Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps, is highly effective at reducing food insecurity—the government's measure for whether households lack the resources for consistent and dependable access to food. The report highlights a growing body of research that finds that children who receive food assistance see improvements in health and academic performance and that these benefits are mirrored by long-run improvements in health, educational attainment, and economic self-sufficiency. The report also features new research that shows benefit levels are often inadequate to sustain families through the end of the month—resulting in high-cost consequences, such as a 27 percent increase in the rate of hospital admissions due to low blood sugar for low-income adults between the first and last week of the month, as well as diminished performance on standardized tests among school age children.

### ***Pending Policies on the WIC Portal***

Have you checked the Pending Policies section of the WIC Web Portal lately? We continue to add the draft policies we have submitted to the Region regarding eWIC and Focus. Checking this section will give you a heads up on the policy changes that are coming once you rollout.

## **Participant Centered Services:**

### ***- From Molly Kellogg***

In the small matters trust your mind;  
in the large ones, the heart.  
Sigmund Freud

Self-absorption in all its forms kills empathy,  
let alone compassion.  
When we focus on ourselves, our world contracts  
as our problems and preoccupations loom large.  
But when we focus on others, our world expands.

Our own problems drift to the periphery of the mind  
and so seem smaller,  
and we increase our capacity for connection -  
or compassionate action. .  
Erol Ozan

Compassion here is not a feeling on your part. You may feel sympathy and kindness toward your client. This is not compassion. This MI spirit element is evident in your actions. **You are guided by the needs of the client.** You commit to work for the well-being of this person.

Compassion is the component that **distinguishes health counseling from sales.** Good sales people are skilled at accurate empathy, acceptance and supporting autonomy. However, their end goal is to achieve a sale, whether this is in the best interests of the customer or not.

### ***Thank you of the Week:***

"We had an infant who was nearly 4 months old when he came in for a routine weight check. The dietitian found the infant to be 9 oz below his birth weight. At this time, there were no known medical conditions. Due to the baby's failure to thrive and frail status, the dietitian sent the mom and infant directly to the infant's doctor that same morning. It turned out the infant had not seen the doctor in nearly 2 months. The mom, doctor, WIC dietitian, and WIC IBCLC worked together with the infant for several days with almost daily weight checks, however there was little improvement. The infant was admitted to the hospital and found to have a severe UTI the doctors estimate he had since 6 weeks of age, as well as an enlarged kidney. The infant was put on antibiotics to fight the infection and instantly started to gain weight. At the most recent WIC visit, the infant was 6 ½ months old and has gained over 7 pounds in just three months. He is back on the growth grid and thriving.

"Without the intervention at that WIC visit, it is scary to think about how much longer the infant may have gone before seeing the doctor and getting the help he needed. WIC's basic screening of weight, height, and hemoglobin are vital to the healthy growth and development of infants and children in this at-risk population. WIC saves lives." -- WIC Dietitian, CO

### ***eWIC Focus Update***

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<https://www.facebook.com/IowaWIC>

## ***Training***

### ***Educational Opportunity (CEU)***

The Nutrition Services Branch in collaboration with UNC – Chapel Hill is pleased to announce that Module 1: Nutrition Assessment of the Pediatric Nutrition Course (PNC) will be offered again in 2016. This is an online, faculty guided, self-paced course of about 25 hours to be completed between January 19, 2016 and March 28, 2016. The goal of this course is to provide nutritionists with the knowledge and skills needed to improve the nutritional health of the pediatric population. Module 1 is designed to improve knowledge and skills specifically in the area of nutrition assessment. It is ideal for new employees in public health nutrition, nutritionists who are new to pediatrics and those who want to broaden their pediatric knowledge base.

Module 1 Nutrition Assessment consists of the following six topics:

- Unit 1: Anthropometrics
- Unit 2: Biochemical
- Unit 3: Clinical
- Unit 4: Food and Nutrition History
- Unit 5: Eco Social Factors
- Unit 6: Psychosocial Factors

This course has been approved by the Commission on Dietetic Registration – Academy of Nutrition and Dietetics for 19 CPEUs - Level 1 for Registered Dietitians (RDs), Registered Dietitian Nutritionists (RDNs), Nutrition and Dietetics Technicians, Registered (NDTRs) and Dietetic Technicians, Registered (DTRs). For all others, 2.0 Continuing Education Units will be awarded from the Friday Center for Continuing Education at the University of North Carolina at Chapel Hill.

**Fees:** The course fee is \$50 for public health nutrition personnel in North Carolina Local Health Agencies and pediatric nutritionists in Children's Developmental Services Agencies (CDSAs). The course fee is \$100 for all other applicants, including those who reside outside of the State of North Carolina. Enrollment is limited, and participants will be taken on a first-come, first-serve basis.

An orientation webinar is scheduled for Tuesday, January 12, 2016 from 11 am – 12 pm with fully enrolled students to provide an overview and demonstration of the online course. This live orientation webinar will be recorded for those who are unable to attend.

**Please Note:**

You must complete all three of the following steps to be considered fully enrolled in the course:

1) Complete the online application form before December 4, 2015.

(To apply, go to <http://sph.unc.edu/nciph/nciph-pnc1/>)

2) Complete the 'Invitation to Register' request (this will be sent via email after the completed online application form has been reviewed)

3) Ensure your payment is received or postmarked by no later than December 18, 2015. Failure to do so will cancel your registration.

If you have questions or need more information about enrollment, registration or payment, please contact Cherelle Whitfield by email at [cwwhitfi@email.unc.edu](mailto:cwwhitfi@email.unc.edu). If you have questions about course content, please contact Anna Tseng, Online Courses Project Manager by email at [Anna.Tseng@dhhs.nc.gov](mailto:Anna.Tseng@dhhs.nc.gov).

***New Employee Training Webinars***

**January:**

NETC Webinar (All new staff) – January 14, from 8:30-11:30

NETC Webinar (Health Professional) – January 28, from 8:30-11:30

NETC Webinar (Support Staff) **Support Staff training will not be held in January.**

**March:**

No NETC this month

**May:**

No NETC this month

**July:**

NETC Webinar (All new staff) – July 14, from 8:30-11:30

NETC Webinar (Health Professional) – July 21, from 8:30-11:30

NETC Webinar (Support Staff) – July 28, from 8:30-11:30

**September:**

NETC Webinar (All new staff) – September 15, from 8:30-11:30

NETC Webinar (Health Professional) – September 22, from 8:30-11:30

NETC Webinar (Support Staff) – September 29, from 8:30-11:30

**November:**

NETC Webinar (All new staff) – November 10, from 8:30-11:30

NETC Webinar (Health Professional) – November **16**, from 8:30-11:30

NETC Webinar (Support Staff) – November **17**, from 8:30-11:30

**\*\*\*Please note the dates in November\*\*\***

***Dates to Remember-******Back to Basics***

WIC Formula Overview Webinar- Tuesday, December 15<sup>th</sup> 11:30 am-12:30 pm

The purpose of the webinar is to review normal formula-fed infant behavior and indications for use of other formulas besides standard contract Similac Advance. It is strongly encouraged for all staff involved in assigning food packages to participate in viewing. It will be recorded and posted to the portal at a later date as well. The link to join the webinar was sent to coordinators and lead staff.

***Available Formula-***

Product	Quantity	Expiration Date	Agency	Contact
LGG	20 - 12.6 oz Container	2/1/2016	Mid-Sioux Opportunity	Holly Svitak 712-786-3476

<b>Product</b>	<b>Quantity</b>	<b>Expiration Date</b>	<b>Agency</b>	<b>Contact</b>
Peptamen Junior 1.5 Cal	114 – 250 ml containers	3 – 6/2016	HACAP	Angela Munson 319-366-7632
Enfaport	17 – 6 packs of 6 oz containers	4/1/16	HACAP	Angela Munson 319-366-7632
Powder Infant EleCare Amino Acid Based Infant Formula with Iron	5 – 14.1 oz cans	3/2017	North Iowa Community Action	Janelle Pansegrau 641-423-5044 x35
Complete Amino Acid Mix	1 can	10/21/2017	Mid-Iowa Community Action	Sierra Steven 515-232-9020, ext. 105
Elecare for infants	11 containers – 14.0 oz. powder	6 – 3-1-17 5 – 4-1-17	HACAP	Angela Munson 319-366-7632

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To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) Mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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